

A watercolor-style illustration of a young girl with long brown hair, wearing a white dress, sitting on the ground under a large tree. She is writing in an open notebook with a pencil. A lit lantern sits on the ground next to her, casting a warm glow. The scene is surrounded by various flowers and ferns.

Gentle Puberty

Book for Girls 8-12

Printable Activity Workbook

Understand Your Body • Feel Safe • Grow with Confidence

My Changes

Lately, you may have noticed that something is changing.

Check what feels true for you:

- I am taller than I used to be
- My appearance is changing a little
- I have different feelings than before
- I sometimes feel different than I did last year
- I have not noticed anything big yet

Listen, for some girls these changes show up earlier.
For others a bit later.
And some are still waiting for them.



One small thing you can do today:

- Take a slow, calm breath
- Notice one good thing about yourself
- Tell a grown-up you trust how you feel

Sometimes it's enough to just notice.



How Do I Feel Right Now?

Pause for a moment. What do you feel right now?

Fill in the circles: 1 = a little, 2 = quite a bit, 3 = a lot

Calm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Happy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Confused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Excited	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

You can feel different things at the same moment. And that's completely normal. Every day is different. Today you might feel great, and tomorrow tired. Or calm in the morning and upset in the afternoon.

There are no better or worse answers on this page. This is just a moment to see how you feel today.

And you know what? That's OK.



I Have My Ways

Sometimes things are hard.

Circle 1, 2, or 3 things that work for you:

Go for a walk

Draw or color

Listen to music

Be alone for a bit

Talk to someone

Hug a stuffed animal

Move around (run, dance, jump)

Sit with my cat or dog

Read a book

Something else: _____



Good Things About Me

It's easy to focus on what's hard. What's changing. What's not going well. But there are also things about you that are good. And they're worth noticing.

You have more good things in you than you think

At the bottom, you can add things that aren't listed here.

Honest

Patient

Loyal

Hardworking

Fair

Kind

Persistent

*These things don't change.
They stay with you, even when everything else is changing.*



Who I Am

Sometimes, when a lot is changing, it's easy to forget what matters.
What you like. What makes you happy. What you dream about.
These things don't change. They're yours.
And they're what makes you who you are.

3 things I love to do:

1. _____ 2. _____ 3. _____

Circle what describes you (you can pick several):

Creative

Funny

Calm

Helpful

Brave

Sensitive




Recognize the Feeling

Do you know these feelings?


Look at the faces below.

Then solve the anagrams and write the feeling names.


SENSADS



RGEAN



HESMA



ARFE



Answers: sadness, anger, shame, fear



My Worries

When a lot is changing, worries sometimes appear. That's normal. On this page, you can mark what sometimes worries you. You don't have to color everything—just what you feel.



Color the clouds that fit for you.

What I Like About Myself

When a lot is changing, it's easy to notice what you don't like.
Harder to notice what you do like.

Check what you like about yourself:

- | | |
|-----------------------------------|---|
| <input type="checkbox"/> my smile | <input type="checkbox"/> my voice |
| <input type="checkbox"/> my eyes | <input type="checkbox"/> my hands |
| <input type="checkbox"/> my hair | <input type="checkbox"/> something else _____ |

Now pick ONE thing and draw it here or write why you like it:



What Matters to Me

You've read quite a bit about changes in your body and in your mind.
Now a moment to think.

One thing that was new to me: _____

One thing that surprised me: _____

One thing I want to remember: _____

*You don't have to write everything.
Take your time. Just write what feels right for you.*



Who Can Help Me

Sometimes you need someone who will listen. Who will help.
Who will be on your side.

On this page, write the names of people you can go to.

When something worries me or hurts:

Name: _____

When someone crossed my boundary:

Name: _____

When I have a difficult secret:

Name: _____

💡 These can be the same people or different ones.

💡 If one doesn't listen - go to another.



Things I Can Handle on My Own

Check the things you can already do on your own or are learning to do more often.

- I can get ready and leave the house on my own
- I can pack my bag without being reminded
- I can plan what I want to do after school
- I can remember important things I need to do
- I can try again when something doesn't work out
- I can finish something I started even when it gets hard
- I can try again when something doesn't work out



Remember:

It's okay to handle some things by yourself.

But it's also okay to ask for help when you need it.



My Words for Different Days

Sometimes one sentence helps—a sentence you can say to yourself.

Check the ones you like:

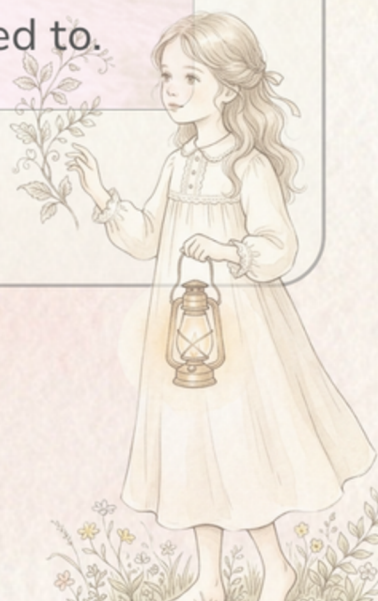
- I am allowed to change my mind — that's not weakness
- I don't have to do everything at once
- I'm okay just the way I am — right now, in this moment
- I don't have to be perfect — good enough is enough
- I don't have to do everything at once — one thing at a time
- I have the right to say "no" — even to people I care about

Or write your own sentence:

Remember:

Sometimes you'll feel like you need reassurance.

It's okay to remind yourself whenever you need to.



What Helps Me

Check what's true for you.

What helps me

- Deep breaths
- Drawing
- Music
- Walking
- Talking
- Being alone
- A hug
- Reading
- Movement

When it comes

- Morning
- At school
- After school
- Evening
- On weekends
- When I'm tired
- When lots of people around
- When something didn't work

Who I can go to

- Mom
- Dad
- Grandma
- Aunt
- Sibling
- Teacher
- Friend
- School counselor
- Other person:

Remember:

It's important to know what tools you have.

You can do this.



My Warning Signs

On this page you can check the signs you notice in Yourself.
You don't have to check everything. Only what's true for you

My head says:

- Hard to focus
- Everything feels sad
- I keep forgetting things
- Don't feel like doing anything

My body says:

- Very tired
- Can't fall asleep
- Headache
- Could sleep all day
- Not Hungry
- Eating more than usual

I start to:

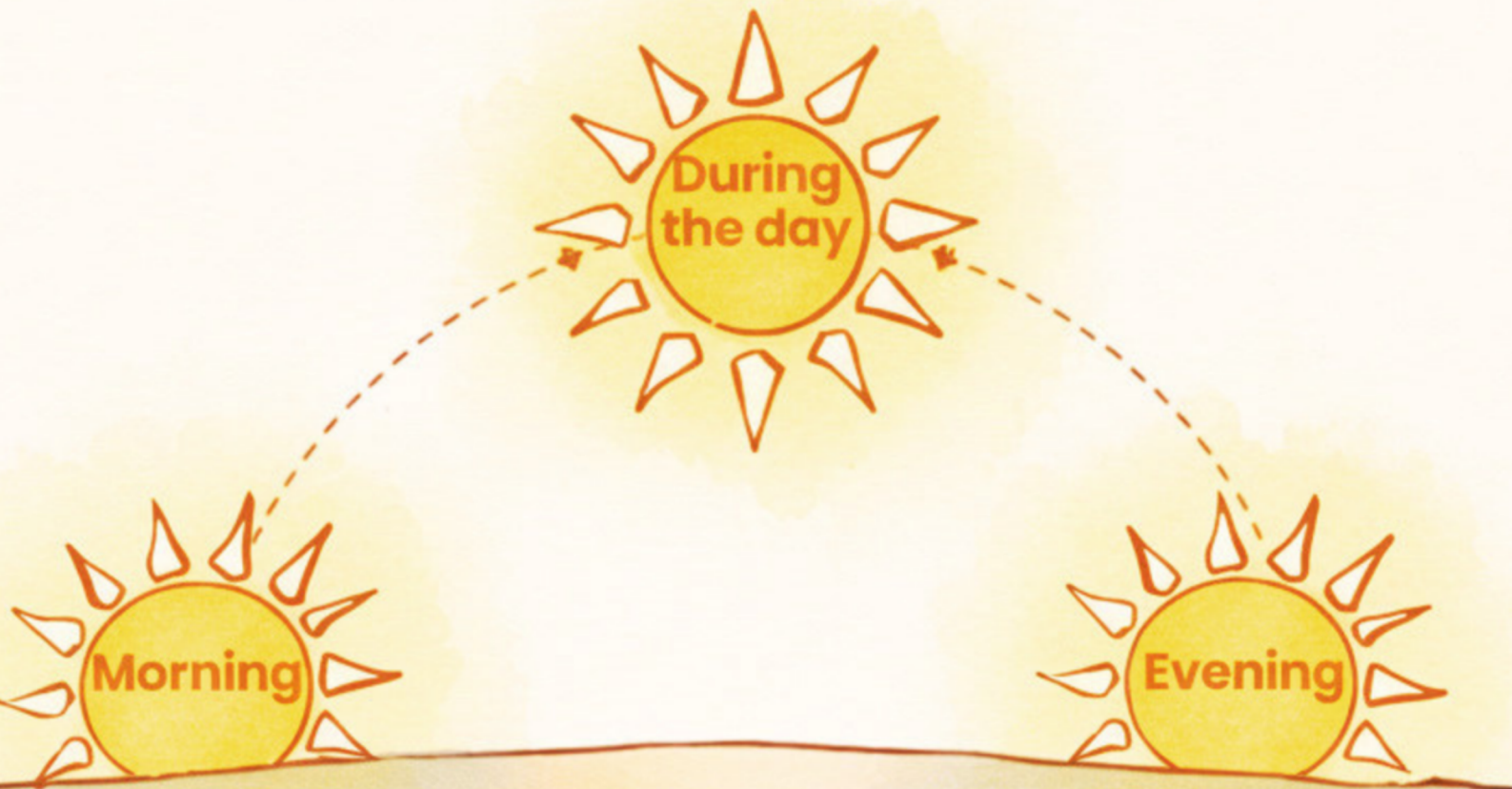
- Want to be alone
- Get annoyed faster
- Lose interest in things I like
- Yell without wanting to
- Break my promises

*You might notice one sign. Maybe several.
Now you know your signals.*



My Small Step

Choose when you'll do your small step every day.
Then color one ray each time you do it.



My small steps:

- | | |
|--|---|
| <input type="checkbox"/> Three deep breaths | <input type="checkbox"/> Listen to music |
| <input type="checkbox"/> Movement | <input type="checkbox"/> Hug someone close |
| <input type="checkbox"/> Hug your stuffed animal | <input type="checkbox"/> Close your eyes for a moment |
| <input type="checkbox"/> Count to 10 slowly | <input type="checkbox"/> Talk to someone you trust |
| <input type="checkbox"/> Draw or write something | <input type="checkbox"/> Short walk |

My 3 Treasures

Not everything from this book has to stay with you.
But you can choose 3 things you want to remember.







This can be a sentence, a thought, a tool, or anything that matters to you.
These are your treasures. You take them with you.

